



**Mullingar
Chamber**
Advancing business together



CarefreeMe
Live Well Every Day

Movement – Some of the following yoga moves are great to start the day:

1. Cat & Cow
2. Pelvic tilt (this can be done at any time during the day)
3. Happy baby pose
4. Tread the needle
5. Legs up the wall

Part of self-care is belief. Trust and belief that all is ok. When we make little changes they can make the biggest difference.

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